

Upland News

CONTINUOUS SERVICE SINCE 1894

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Thursday, January 29, 1987

Pregnancy and exercise: a class act

Mom-e-cise aids getting rid of pains

By Paula Monarez

Inside this workout room there aren't any weight machines or stationary bikes.

There is no hopping, bouncing or skipping. In fact, the feet don't even leave the ground.

The pupils in this room come in all shapes and sizes. And their bulges are not the result of too many Twinkies, but rather pending motherhood.

Welcome to mom-e-cise.

Twice a week, women in various stages of pregnancy gather inside the Upland Magnolia Park Recreation Center and wave their arms and shake their hips to a better body.

Hey, a Jane Fonda work out it's not, but it gets the job done.

"These exercises help them deal with discomforts of



Photo by Alexander Gallardo

See MOM-E-CISE/Page 2 Connie Blue, left, and Jeni Gentry, right, wave their arms to big-band sound during mom-e-cise classes in Upland.

Alta Loma man at helm of radio revival

By Suzanne Sproul

Radio programs are making a comeback and Steve Fowler is ready to entertain receptive audiences.

The Alta Loma man is the executive producer of Flocking Eagles Production, which wants to put on a variety radio program similar to those popular in the medium's heyday.

"Radio will never return to its golden age during the 1930s and 40s, but radio is back. It's enjoying a revival because its theater of the mind, where not everything is done for you," the 33-year-old said.

Fowler, who has a theater degree and works in the Pomona Unified School District, said he's excited about the prospects of

"Radio will never return to its golden age during the 1930s and 40s, but radio is back. It's enjoying a revival because its theater of the mind, where not everything is done for you."

—Steve Fowler

working in radio.

Although radio will never out-duel television for a mass audience, Fowler said the market still is there. Everyone from college students to senior citizens listen to radio, he said.

"About 10 years ago the only big radio show was the CBS Mystery Theater. Now look at all the radio programs there are," he said.

Radio work has captured Fowler's imagination and his energies.

"Myself and the others who make up Flocking Eagles Productions were looking for ways of getting our talents out. We looked at video and legitimate stage. We asked ourselves what we could do to use our talent that wasn't going to demand a beginning budget of

\$250,000. Radio was the answer," he said.

Flocking Eagles Productions consists of several individuals who either have degrees in the performing arts or are working in related fields. The group decided on its name by chance.

"We decided that if you work with turkeys you can't get a whole lot done. Eagles don't flock you know. We want individuals who have the talent and the ability to work together to accomplish this," he said.

The production company currently is recruiting writers who can produce comedy, musicals and drama for a proposed nationally syndicated radio show.

All writing samples, complete with a release form, can be

submitted to P.O. Box 812, Alta Loma, Calif. 91701. The deadline is March 31.

Eventually all involved with the project would be paid, but initially everyone is volunteering their services, he said.

"Right now we're taking this step by step. We need to interest a sponsor, like Coca Cola, who will back the show. But we can't try and sell it until we have a product.

"If the show is well done, and that's what we want, it will go. Everyone involved in Flocking Eagles just got tired of doing amateur-hour things. I don't want to be derogatory about amateur hours, I just mean we want to be involved in a quality project," he said.

Mom-e-cize/ from Page 1

pregnancy," said Gaylynn Mueller, class instructor. "They come in to maintain fitness not build it. We never go for the burn here."

Classes are held every Tuesday and Thursday from 6:15 to 7:15 p.m.

During the time, women walk, rock and swing to Chaka Kahn, Barry Manilow and the big band sound, while Mueller closely monitors their pulse rates.

The exercise class helps pregnant women overcome fatigue and back pain, have an easier time during labor and a faster recovery from postpartum, Mueller said.

It increases blood volume and prevents the softening of joints and ligaments that often occur during pregnancy, Mueller said.

"It helps the guilt if you eat a donut," said future mother Marla Smith, jokingly. "But seriously, this class does help me control my weight and it keeps me toned."

Her classmate agreed.

"I've had a difficult pregnancy so far," said Tamara Haach, who is five months pregnant. "I'm here to build stamina."

Women can stay in the class up to delivery.

"I've had a lot of girls deliver the day after the class," Mueller said.

But not every pregnant woman is allowed in the class.

Any person with a history of heart disease or premature labor, who has had three or more miscarriages, is having twins or triplets or is experiencing any type of bleeding cannot join the class.



Photo by Alexander Gallardo

Tamara Haach, 5 months pregnant, hopes classes will build stamina.

"You always have to have a doctor's consent," Mueller said.

Healthy benefits aside, some women take the class for other reasons.

"You get to socialize with other pregnant women and compare notes," Smith said.

"Well actually, my husband forced me too," said Jeni Gentry, with a smile. □

BIRTHS

ROBERTS — A daughter, Carlotta Ann Marie, born Jan. 10 to Teresa and Douglas E. Roberts, Upland.

CASTLEBERRY — A daughter, Megan Elizabeth, born Jan. 12 to Diana and Ottis T. Castleberry, Upland.

ULERY — A daughter, Shannon Nicole, born Jan. 14 to Mary and Gregory G. Ulery, Upland.

JEAN-PIERRE — A daughter, Jennifer Agatha, born Dec. 14 to Regina Jones and Ayl Jean-Pierre, Upland.

MARTINEZ — A son, Thomas Edward Jr., born Dec. 18 to Angela and Thomas Martinez, Upland.

SWILLE — A daughter, Brittany Annette, born Dec. 27 to Annette and Jerry Swille, Upland.

BAHRAMY — A son, Shawn Rostin, born Dec. 27 to Tauna and Rod Bahramy, Upland.

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SENIORS NEWS

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The San Bernardino County Office on Aging Senior Employment Program offers on-the-job training, job-search assistance and supportive services to county residents who are at least 55 years old and meet certain income guidelines.

For more information or an application, call 387-2414.

Well-aging clinics

The Blaisdell Senior Program, 440 S. College Ave., Claremont,

is working with the Pomona Health Center to provide well-aging clinics bi-monthly.

Appointments can be made by calling 624-4531.

SCAMP meeting

A birthday celebration for area seniors will be held Friday at Pomona nutrition sites in honor of January birthday seniors.

The party will feature a luncheon. For more information, call 620-2056, from 9:30 a.m. to 1:30 p.m.

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With reluctance, Upland approves ambulance hike

4.2 percent rate increase granted

By Kimberly Heinrichs

Voicing reservations, the Upland City Council approved last week a 4.2 percent rate hike requested by Mercy Medical Transportation Services, the city's only ambulance provider.

The base rate for service increased \$5.90 to \$140.60, while the paramedic base rate increased \$8.98 to \$213.84.

Emergency service jumped \$2.68 to \$63.86 and the mileage charge rose about 30 cents to \$7.03 per mile.

The ambulance company requested the increase last month, but the council delayed the matter until the company could prove the need for the increase, the first in a year.

In a letter to the council, Mercy Director Homer Aerts said an increase in liability insurance costs and a future decrease in Medi-Cal payments made the hike necessary.

"It's easy to say 'We need a rate increase' because our insurance has gone up. Everyone's insurance has gone up," said Councilman Al Canestro.

Upland has been battling the county health department for more than a year over the city's right to have more than one ambulance service.

Dr. George Pettersen, county health director, was recently granted permission by the state

to select ambulance service for West Valley cities, but Upland officials have insisted that should be done locally.

Pettersen has said the city only needs one service and that Upland officials are not as qualified as the county to select that company.

"I wish that every private business had a government agency to protect its profits," Canestro said during the meeting.

Mercy bought out its only Upland competitor — Canyon Medical Services — last spring.

Eighteen months ago, the city sent out more than ten letters to ambulance agencies as far away as Big Bear inviting them to begin service in Upland, but received no reply, Mayor Richard Anderson said.

"I guess we're stuck with it," Canestro said.

Councilman Frank Carpenter pointed out that refusing the increase might mean a decrease in the quality of service.

"This city has been one of the most vocal in its right to monitor the licensing process. Nonetheless, it would appear that at this point it (the rate hike) is a reasonable request," Anderson concluded.

Canestro, Anderson and Councilman Bob Nolan expressed concerns but joined the other two council members in supporting the rate hike.

Upland News glad to take reader news submissions

Do you have news to share? The Upland News invites readers to submit news items and photographs for possible publication.

News items should be typewritten and double-spaced, and should include a name and telephone number reporters

may call for further details. Photographs should be black and white glossies of professional quality, and should include left-to-right full identification of all people pictured.

Space restrictions preclude publication of all materials

submitted, and The Upland News reserves the right to edit all submissions. Photos and releases submitted can not be returned.

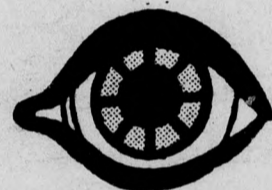
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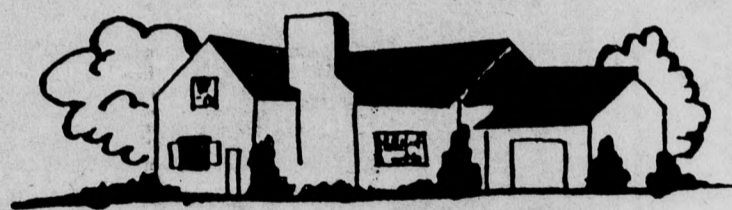
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R.C. residents are invited to offer their concepts

Community to play an active part in design of park

By Mike Krapfl

Park development hasn't been peaceful in Rancho Cucamonga.

First, residents shouted because there weren't enough parks in the young city.

Then, they shouted because they were asked to pay to build parks. Little leaguers and others have since shouted because those parks weren't built fast enough.

So, to stop all the shouting, city officials asked residents to help them design the cornerstone of the city's park system: City Park.

At a recent meeting, city officials asked residents for their ideas for the 99-acre park site at the northwest corner of Base Line Road and Milliken Avenue.

The city also recruited residents to sit on a City Park Design Committee that will sift through the ideas and present a plan to the city's Park

Development Commission by late spring, Community Services Director Bill Holley said.

The same community design system was used to plan the Heritage and Red Hill community parks, he said.

"By doing this," he said, "we're sure to get a good understanding of what the community wants to see in a park site."

"In this case, that could include anything," he said. "The design committee of residents will sit down with city staff, an architect and a blank sheet of paper and consider the possibilities — a ballpark, a lake, a zoo — it could be any variety of things."

One of the things the park's design is almost certain to include is a library, Holley said.

Rancho Cucamonga residents have long grumbled over the small county branch library now serving the city.

Holley said, "I'd be quite surprised, in fact, if there wasn't a site in City Park allocated for a central or main library," he said.

"But," he continued, "allocating a site on a plan isn't building a city library."

Nor is designing a park the same as building one, he said.

City Park won't be built until the city grows in size and budget, he said.

"The key to building the park," he said, "is getting our fiscal ability to build a park to match the community's need for the park."

One way to do that is to tax residents, as was done last year to build Heritage and Red Hill community parks.

"But that has not even been contemplated for City Park," Holley said. "That was a one-time situation used to cure a serious deficiency that couldn't be cured by other than extraordinary measures."

Soccer club to be holding tryouts soon

Tryouts for the 75 Outlaws Soccer Club will be at 11 a.m. Saturday at Cucamonga Junior High School.

For more information, call Ken Martinet, 945-9752.

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Miracle of cable comes to homes

By Kimberly Heinrichs

After a dozen years without cable television, some Upland residents may finally get their MTV.

A proposed new 15-year contract between the city and GWC 150 — formerly Group W Cable — requires the company to provide cable to about 2,500 new homes built during the last 12 years.

The City Council will hold a public hearing on the issue at its Feb. 17 meeting.

The company has agreed to make the cable available to all Upland residents now without service within 15 months of signing of the franchise. If it does not meet the deadline, it will be fined \$100 daily after 30 days and increasing until the company pays \$200 per day after 90 days.

"This isn't intended to penalize GWC, but it is intended to make it worth their while" to extend the system, Assistant City Manager Mike Matlock said. "We believe the penalties are an incentive to perform."

Matlock said residents have been complaining consistently

about their lack of cable in their new homes.

"We get several calls a week, which by our standards are quite a few," he said.

Bill Verner, general manager of GWC, said his company also has received repeated requests for service. But the area was too sparsely built to be profitable for the cable company in the past.

Although the density has not dramatically improved, Verner said the new owners of his company believe it will fill out in the next 15 years enough to make it worthwhile.

Comcast Cable bought out the company last month from Group W Cable Westinghouse, Verner said. The company has had five owners since it signed the original 15-year contract with Upland in 1971. The city granted the company a two-year extension through next October of its franchise because of the buy-out, he said.

The new non-exclusive franchise also would allow the company to move past its traditional territory south of 19th Street and into North Upland, now covered by Foothills Cablevision.

School names students of month

Deer Canyon School has many fine citizens in its student body. In an effort to promote and encourage positive citizenship, these outstanding students are honored with a special award. The Students of the Month for December are:

Sharla Mylar, Sean Ilich, Matthew Gross, Banisha Carr, Scott Higa, Andrew Guthrie, Kevin English, Shane Miller, Kathleen Weddle, Traci Vaughn, Matt Sweeney, Maureen Oliver, Erik Svensson, Sophie Esposito, Aaron Mercurio, Julie Janacek and Bryan Dopp.

Others include, Bonnie McCracken, Adrian Morones, Lori Scott, Lindsey Davis, Andrea Derbish, Leona Goebel, Jesse Adams, Douglas McGee, Sneha Abraham, Erica Kilponen, Jason Mills, Jennifer McLellan, Kelsey McLeod, Chad Mayer, Judah White, Melanie Azizpour, Judy Kawata, Christina Gomez,

Stephen Collins, David Van Houten, Heath Meyette, Maggie Esposito, Brian Callahan, Leah Waldron, Ben Nelson, Jessica McNamara, Damian Brown and Ryan Sessions.

Tara Morrison, Billy Peters, Kolby Bausher, Steven Kimble,

Kathy McCracken, Heather King, Greg Pierce, Sandy Braaten, Patrick Lyons, Tiffany Bird, Jorge Valdiviezo, Joanne Hamilton, Michael Marcucci, Richie Roth, Craig Sunstedt, Taniesha Sims and Shannon Beaudette.

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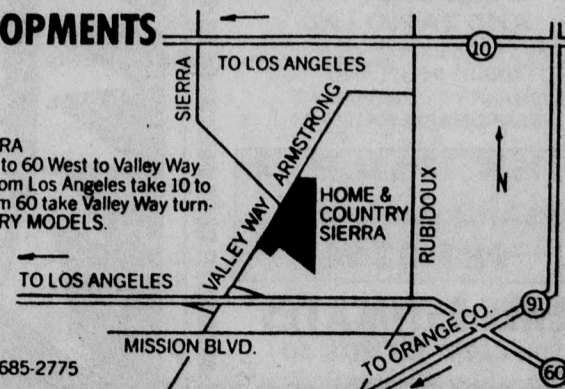
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RELIGION NEWS

ST. SPYRIDON GREEK ORTHODOX CHURCH —

Services will be held Sunday at 10 a.m. The church is located at 1371 Chaffee St., Upland, between Eighth and Ninth streets off Grove Avenue. For information call 982-5770 or 984-7530.

UPLAND CHRISTIAN CHURCH (Disciples) —

Sunday services at 10:30 a.m. at 1510 N. San Antonio Ave.

FOOTHILL BAPTIST, UPLAND —

Sunday services at 10 a.m. at the church, 1330 W. 15th St. Inspirational hour at 6 p.m. Sunday. For information, call 981-2835.

GRACE LUTHERAN CHURCH —

Services at 8:30 and 11 a.m. Sunday. The church is located at 2108 N. Euclid Ave., Upland.

WEST END CHURCH OF RELIGIOUS SCIENCE —

Services at 11 a.m. Sunday at the Masonic Temple, 611 N. Third Ave., Upland. For information, call 627-9065.

ASTARA —

Services at 11 a.m. Sunday at Astara, 800 W. Arrow Highway, Upland.

FIRST MENNONITE, UPLAND —

Services are Sunday at 10:45 a.m. and a nursery is provided. Sunday school for all ages is held at 9:30 a.m. Church is located at 379 Campus Ave., Upland, call 982-1669 or 982-23-61.

FIRST SPANISH ASSEMBLY OF GOD, UPLAND —

Services at 11 a.m. Sunday at the church, 295 E. Ninth St. For information, call 981-6996.

FIRST PRESBYTERIAN —

Services are at 9 and 10:30 a.m. Church school for all ages and nursery-age through grade three

are held at 9. Infant and toddler care is available at all services. Church is located at 869 N. Euclid Ave. For information, call 982-8811.

MOUNTAIN VIEW FRIENDS CHURCH —

Meets for Sunday worship at 9 a.m. at Upland High School Auditorium with children's church being held in the English building, 565 W. 11th St., Upland. After refreshments and fellowship at 10:15, Sunday school for all ages is held from 10:30 to 11:30. Bible studies and choir practice are held midweek. Nursery care provided. For more information, call church office at 946-5860.

MOUNTAIN VIEW FREE METHODIST —

Services are held at 10:50 a.m. Sundays. The church is located at 1020 W. Eighth St., Upland. 985-4519.

Shopping center opponents win commission rejection

By Kimberly Heinrichs

People living near a proposed Upland shopping center won a battle against its approval late last week.

About 200 neighbors of a commercial area on the northeast corner of Campus Avenue and 15th Street crowded into City Hall to convince the Planning Commission to oppose the 27,000-square-foot center.

The commission rejected it by a 3-1 vote, following a two-hour public hearing.

"Our feelings are if this is to be a community shopping center to benefit the community, we don't want it," said Frank Pastore, to the resounding

applause of his neighbors.

"Never in my wildest dreams would I have imagined (the property) was commercial. If I had known, I never would have moved here," said David Herman, who said he moved to Upland a year ago from Pomona to provide a better environment for his two children.

Although residents said they opposed the whole center, their primary target was the proposed Circle K convenience store within it, which they charged would bring traffic, crime and "undesirables" to their quiet family neighborhood.

"We all live in cul-de-sacs. We all have lots of children. We all have lots of pets. They all play in the cul-de-sac. They have a

wonderful time in the cul-de-sac," said Linda Ricci.

The residential neighborhood is surrounded by a closed landfill, a power plant and other homes, but no other commercial ventures.

One of the often-repeated complaints was that developer Gary McDaniel — who built the homes and wants to develop the center — told residents there would just be a "mom-and-pop" shop on the corner.

Commissioner Eldon McCall said as he cast his vote against the project it was that comment that particularly disturbed him.

McDaniel's partner, Bob Griffiths, said that they made all property owners in the area

See CIRCLE K/Page 11

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DANCER — Heather Armstrong, daughter of Mr. and Mrs. Jim Armstrong of Alta Loma, was named to the 250-member American All-Star Dance Team which performed in the pre-game activities for the Super Bowl XXI last Sunday.

Rancho Grande Kiwanis to hold pancake breakfast

The Rancho Grande Kiwanis of Cucamonga will host a pancake breakfast on Saturday from 7:30-11:30 a.m. outside the Virginia Dare Winery Business Centre at Haven and Foothill in Cucamonga.

The breakfast will consist of pancakes, eggs, sausages, orange juice, and coffee for a donation of \$3 for adults and \$2 for children under 10. The donation will also include a free drawing for a color TV donated

by Mountain View Leasing, and 10 percent off all wholesale prices at the Jewelry Catalog Showroom. All proceeds will be used to fund the club's

community service projects.

This event is part of the celebration of Kiwanis International's 72nd birthday this month.

Cucamonga man makes dean's list

Michael J. Burke of Cucamonga is on the Dean's List for the University of Idaho College of Business.

In order to be named to the dean's list, students must

achieve a set grade point average while taking a set number of credit hours for a letter grade during the semester. The requirements vary with the individual colleges.

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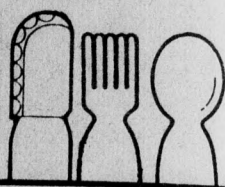
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ENTERTAINMENT & DINING GUIDE



NOTEBOOK

Consultations

Dr. Richard A. Viele is offering free nutritional consultations through Saturday at the Natural Health Care Clinic, 842 N. Garey Ave., Pomona.

For more information or an appointment, call 622-3484.

Lung Association

The American Lung Association of San Bernardino, Inyo and Mono counties has announced it is offering the public a free packet of information on the health effects of secondhand smoke.

The packet is available through Saturday at 884-5864.

American Red Cross

The American Red Cross will be offering a free blood pressure

clinic every Monday from 10 a.m. to 1 p.m. at the Rancho Cucamonga office, 7365 S. Carnelian Ave.

For more information, call 980-3049 between 10 a.m. and 2 p.m.

Special Olympics run

The San Bernardino Parks, Recreation and Community Services Department will be sponsoring its 7th annual 5-kilometer and 10-kilometer run for Special Olympics Feb. 8th at the California State University San Bernardino campus.

Runners may pre-register at the City Cultural Center, 536 W. 11th St. (corner of 11th and "E" St.). Entry fee is \$4 with no T-shirt, \$9 with T-shirt. Late registration will be accepted on race day beginning at 7:15 a.m. Late registration adds \$2 to the

fee. Races begin at 8:15 a.m.

For more information, call 383-5052.

West End YMCA

The West End YMCA now is accepting pools to use for its swimming instruction program during the summer.

Pool owners interested in hosting YMCA swim lessons for a two-week period call call 986-5847 for more information.

Workshop series

"Strategies for Success," the second in a series of workshops for non-profit agencies

sponsored by the Volunteer Center of the Greater Pomona Valley, will be held Feb. 3 from 8 a.m. to noon in the multi-purpose room of Casa Colina Hospital, 2850 N. Garey Ave., Pomona.

For more information, call 623-1284.

See NOTEBOOK/Page 11

EDUCATION

Elderberry School

Students at Elderberry School in Ontario donated toys to Santa Claus Inc. for needy children during the Christmas holidays.

And also as part of a school project, the theme of giving was reinforced in essays and colorful drawings by the students.

Winners of the drawing contest were: first graders Megal Puss, Daniel Boyer and Linnette Lee; and second graders Ramiro Hernades and Crystal Weiland.

Essay winners were third graders Debbie Huloibuscu and Robby Sprodlne; fourth graders Joe Serna and Robert Nejera; and sixth graders Derrik Booker

and Tangie Malacara.

Valle Vista fair

Valle Vista Elementary School is having its annual science fair this week.

All children in grades 2-6 will be participating in the program today.

The projects will be judged by a panel of judges during the day and five winners will be selected from each room.

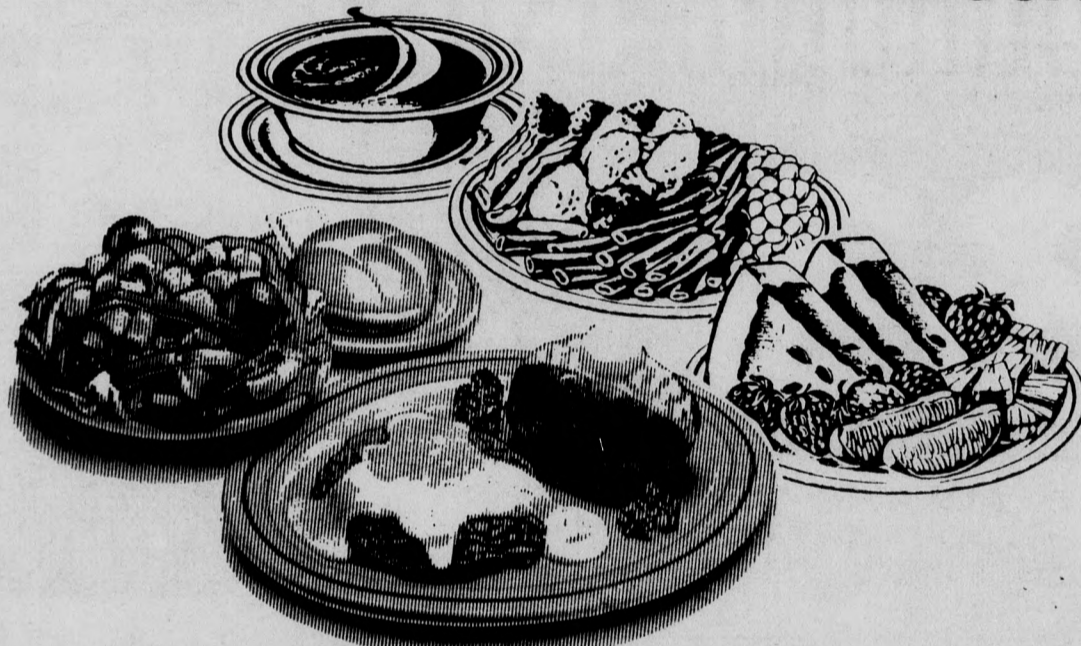
All projects will be displayed tonight from 7 to 8 p.m. at the school, 7727 Valle Vista Drive, Rancho Cucamonga.

All parents and families are invited to the fair.

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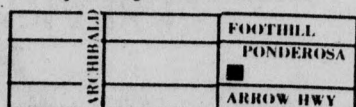
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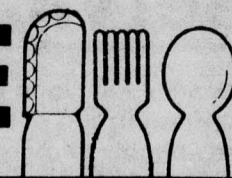
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ENTERTAINMENT & DINING GUIDE



IN THE SERVICE

Marine Sgt. **Anthony Castruita**, whose wife, **Diana**, is the daughter of **Manuel** and **Theresa Flores** of Fontana, was recently deployed to the Northern Pacific aboard the aircraft carrier USS Constellation, homeported in San Diego.

He is a 1979 graduate of Fontana High School.

Army National Guard Pvt. **Robert C. Ramsey**, son of **Barbara M.** and **Robert E. Ramsey** of Fontana, has completed basic training at Fort Knox, Ky.

Army National Guard Pvt. **Craig N. Johnson**, son of **Marlene J.** and **Leonard N. Johnson** of Fontana, has completed basic training at Fort Knox, Ky.

Army Pvt. 1st Class **Michael J. Brennan**, son of **Michael J.** and **Elizabeth Brennan** of Fontana, has arrived for duty with the 1st

Corps Support Command, Fort Bragg, N.C.

His wife, **Darla**, is the daughter of **Robert** and **Thetus Young** of Fontana.

Navy Fireman **Roger E. Lampe**, son of **Emile Lampe** of Fontana, is currently deployed to the Western and Northern Pacific Oceans aboard the aircraft carrier USS Ranger homeported in San Diego.

Airman **Curtis Weems Jr.**, son

of **Verna L. Weems** of Fontana, has graduated from Air Force basic training at Lackland Air Force Base, Texas.

He is a 1986 graduate of Fontana High School.

Marine Pvt. **Mark S. Mitchell**, son of **Stanley** and **Emerald Mitchell** of Fontana, recently graduated from Basic Landing Support Course at Marine Corps Engineer School, Camp Lejeune, N.C.

He is a 1985 graduate of

Fontana High School.

Marine Cpl. **Jose L. Sahagun**, son of **Jose L.** and **Adelaida Sahagun** of Fontana, recently completed a six-day port to Fremantle, Australia.

He is a 1983 graduate of Fontana High School.

Marine Pfc. **Francisco Guzman**, son of **Sally F. Guzman** of Fontana, recently completed the Automotive Organizational Mechanics Course at Marine

Corps Service Support Schools, Camp Lejeune, N.C.

He is a 1985 graduate of Eric Birch High School.

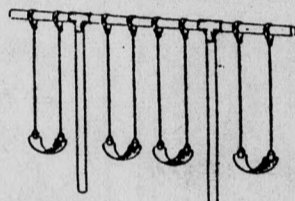
Army Pvt. **James K. Peace**, son of **Olena** and **Denver Finley** of Fontana, has arrived for duty with the 505th Infantry Regiment, Fort Bragg, N.C.

He is a 1981 graduate of Fontana High School.

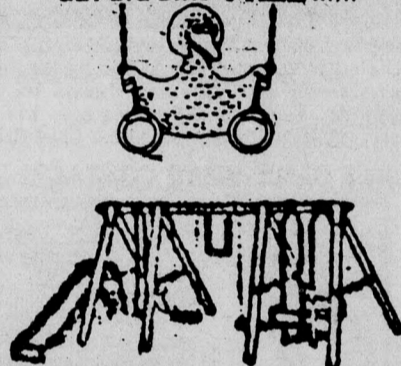
See SERVICE/Page 10

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Service/

from Page 9

Marine Pvt. **John B. Harrington**, son of **Priscilla E. and John B. Harrington Jr.**, of Fontana, has completed recruit training at Marine Corps Recruit Depot, San Diego.

He is a 1985 graduate of Fontana High School.

Navy Seaman Recruit **Steven R. Archer**, son of **Larry R. Archer** of Fontana, has completed recruit training at Recruit Training Command Great Lakes, Ill.

Navy Seaman Recruit **Stephen M. Burton**, son of **Mike and Pat G. Cochran** of Fontana, has completed recruit training at Recruit Training Command, Great Lakes, Ill.

He is a 1986 graduate of Fontana High School.

Navy Seaman Recruit **Jose Morales**, son of **Martha and Jose Morales Jr.**, of Fontana, has completed recruit training at Recruit Training Command, San Diego.

He is a 1986 graduate of Fontana High School.

Pvt. 1st Class **Kenneth Rodriguez**, son of **Carmen Arnett** of Fontana, has participated in "Celtic Cross IV," an Army light infantry division field training exercise held at Fort Hunter Liggett.

Marine Cpl. **Rodney E. Andes**, son of **Albert E. Andes** of Fontana, recently received a Certificate of Commendation.

Andes received the citation for exemplary performance and undivided attention to detail during the clothing and equipment inspection by the Inspector General of the Marine Corps.

He is a 1984 graduate of Fontana High School.

Airman **Scott R. Koenig**, son of **Christie L. and Leslie Groves** of Fontana, has graduated from the U.S. Air Force personnel specialist course at Keesler Air Force Base, Miss.

He is a 1986 graduate of Fontana High School.

Air Force Reserve Airman 1st Class **Vincent M. Klimas**, son of

Henry L. and Darlene H. Klimas of Fontana, has graduated from Air Force basic training at Lackland Air Force Base, Texas.

He is a 1983 graduate of Fontana High School.

Airman **James K. Little**, son of **Karen E. and Tim M. Wagner** of Fontana, has graduated from Air Force basic training at Lackland Air Force Base, Texas.

He is a 1986 graduate of Fontana High School.

Army National Guard Pvt. **Melissa J. Kubeja**, daughter of **Linda L. Kubeja** of Rialto and stepdaughter of **Dennis S. Kubeja** of Fontana, has completed basic training at Fort McClellan, Ala.

Chet A. Sampson, son of **Warren A. and Virginia L. Sampson** of Aguanga, has been promoted in the U.S. Army to the rank of private first class.

His wife, **Angela**, is the daughter of **Odus L. Cheesman** of Fontana.

Airman **Joseph R. Flores**, son of **Mr. and Mrs. Richard C. Flores** of Fontana, has graduated from Air Force basic training at Lackland Air Force Base, Texas.

Air Force Reserve Airman **Charles M.I. Wideen II**, son of **Charles M. and Fairel L. Wideen** of Fontana, has graduated from Air Force basic training at Lackland Air Force Base, Texas.

Marine Pfc. **Timothy P. Hickman**, son of **Thelma R. Kilianski** of Fontana, recently reported for duty at Marine Barracks, Subic Bay, the Philippines.

Marine Col. **Draymond Crawford**, son of **Draymond Crawford** of Fontana, recently reported for duty at Marine Corps Air Ground Combat Center, Twentynine Palms.

He is a 1979 graduate of Fontana High School.

Army Pvt. 1st Class **Ynez J. Coston**, daughter of **Ruby L. Moore** of San Diego and **Vernon Coston** of Fontana has been decorated with the Army Achievement Medal in West

Germany.

Lisa Bird, daughter of **Alberta J. Bird** of Fontana and **Melvon H. Bird** of Lancaster, has been promoted in the U.S. Air Force to the rank of airman first class.

Marine Lance Cpl. **Allen L. Hilliard**, son of **Pam and Allen L. Hilliard Sr.** of Fontana, recently reported for duty with 3rd Marine Aircraft Wing, Marine Corps Air Station El Toro.

Marine Pfc. **David Alaniz**, son of **Mr. and Mrs. J.C. Alaniz** of Fontana, recently reported for duty with 3rd Marine Aircraft Wing, Marine Corps Air Station El Toro.

Army Spec. 4 **Bradley A. Frazer**, son of **Paula D. Frazer** of Fontana, has arrived for duty with the 63rd Armor, West Germany.

Navy Petty Officer 3rd Class

Gregory R. Ramsey, son of **Earl R. and Viona C. Ramsey** of Fontana, recently reported for duty at Naval Submarine Base Pearl Harbor, Hawaii.

Navy Seaman **Ronald A. Kinnison**, a 1984 graduate of Fontana High School, recently reported for duty aboard tank landing ship USS Racine, homeported in Long Beach.

See SERVICE/Page 12



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CLASSES

Ontario recreation

The Ontario Recreation Department now is taking registration for all of its 1987 winter classes.

Interested students may register by mail, at the City Hall Office, 303 E. B St., Ontario, 91764 or at class locations. For more information, call 391-2513 or 986-1151, extension 513.

Fontana YWCA

The Fontana YWCA is hosting a seven-week course called "Puppy Love Kindergarten" for puppies ages seven weeks to four months at the YWCA.

For more information, call 822-6502.

Drawing instruction

Drawing Using the Right Side of the Brain is the title of a class continuing through Feb. 25 sponsored by the Claremont Human Services Department.

The five-week class will meet at the Youth Activity Center, 1717 N. Indian Hill Blvd., Claremont on Wednesdays from 7 to 9 p.m. This class is for adults 15 years old and older.

For more information, call 624-4531, extension 280.

Foot 'N' Fiddle club

There are still openings in the beginning square dance class that is being sponsored by the La Verne Recreation Department and the Foot 'N' Fiddle Square Dance Club.

The class meets on Mondays at the La Verne Community Clubhouse, 1550 Bonita Ave. For more information, call (818) 359-8050 or 622-2633.

Ju-Jitsu

The Claremont Human Services Department is offering a class in Ju-Jitsu.

The 10-week course will meet at the Baseline Recreation Center, 431 W. Baseline Road, Claremont on Tuesdays from 7:30 to 9:30 p.m. For more information, call 624-4531, extension 280.

Crocheting offered

The third series of specialty crocheting classes for people of all ages and skill levels will be available every Monday from 10 a.m. to 11:45 a.m. at the Blaisdell Senior Program building, 440 S. College Ave., Claremont.

For more information, call 624-4531, extension 241.

West End YMCA

The West End YMCA is sponsoring a program for girls in 5th through 8th grades beginning Feb. 3 called "Your Body, Inside and Out."

The program will include information about exercise, nutrition, skin-care, basic make-up techniques, clothes coordination and manners. The class will meet Tuesdays from 5:30 to 6:30 p.m.

The fee is \$12 for non-members and \$8 for members. For more information, call 986-5847.

'Image One'

The Diet Center of Ontario is presenting a series of classes called "Image One."

Physical activity and self image and goal setting will be the subject of today's class.

The classes are free and meet from 5 to 6 p.m. every Thursday.

For more information, call 983-3292.

YWCA of Pomona

The YWCA of Pomona has many programs and services planned for spring. For more information, write or call 1787 N. Garey Ave., Pomona, 91767 or 622-1269.

Notebook/from Page 8

School for parents

The Center for Human Wholeness is sponsoring a "school for parents" Feb. 4.

The eight-week session is called parent effectiveness training. The classes will be held on eight consecutive Wednesdays from 7 to 10 p.m. at the First Presbyterian Church in Upland.

The instructor will be Michael S. Geffen. For more information, call 981-2938.

Preschool stories

Children, ages 3-5, are invited to a preschool story time each Thursday morning in February from 10:30 to 11 at the Montclair Branch Library.

There will be special stories, songs, and fingerplays. The library is located in the Montclair Civic Center on Benito Avenue. Parents are asked to register

their children by calling 624-4671.

Hospice program

Family Hospice, a comprehensive hospice program serving the terminally ill and their families, is seeking volunteers.

A hospice orientation program will be offered beginning Tuesday, Feb. 17, at 9 a.m. at the offices of Family Home Care, 675 W. Foothill Blvd., Suite 100, Claremont.

For more information about the program or pre-registration, call 624-5091.

St. Lucy's Key Club

The Key Club of St. Lucy's Priory High School in Glendora will sponsor its fifth annual blood bank Friday from 8 a.m. to 1 p.m. in the school gym.

For more information or an appointment, call (818) 963-6711.

Circle K/from Page 6

aware that the center would go in. He said his partner may have said it would be a "mom-and-pop" operation, but never said the store would be alone.

Commissioner Tom McGilloway said he was concerned with the

unwillingness of the developers to agree to compromises.

Planning Director Jeff Bloom said after meeting with the residents last week, staff members required that the convenience store close by 10 p.m. and not sell beer or wine.

Griffits and Circle K's Upland representative, Doug Nye, both said the operation could not survive unless it was open until midnight and sold alcohol.

Nye said Circle K will not force the issue.

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Service/From Page 10

Navy Seaman Apprentice **Roger L. Becker**, son of **Sharon K. Becker** of Fontana, recently returned from a five month Western Pacific Deployment while stationed aboard the battleship USS New Jersey, homeported in Long Beach.

Marine Pvt. **David W. Potter**, son of **Janet L. Potter** of Fontana, has completed recruit training at Marine Corps Recruit Depot, San Diego.

Navy Petty Officer 3rd Class **Ivan D. Shisler**, a 1977 graduate of Fontana High School, recently returned from a five month Western Pacific Deployment while stationed aboard the battleship USS New Jersey, homeported in Long Beach.

Ruben Castillo Jr., son of **Leonila Castillo** of Fontana has been promoted in the U.S. Air Force to the rank of airman first class.

Army Pvt. **Michael A. Anderson**, son of **James R. Anderson** of Fontana, and **Carol L. Anderson** of Van Nuys, has completed one station unit training (OSUT) at the U.S. Army Infantry School, Fort Benning, GA.

Specialist 4 **Jose A. Flores**, son of **Manuel** and **Mary Flores** of Fontana, has been decorated with the Army Achievement Medal at Fort Hood, Texas. The Achievement Medal is awarded to soldiers for meritorious service, acts of courage, or other accomplishments.

Army Pvt. **Clifford A. Severance**, son of **Janette E. Ingram** of Fontana, has completed a motor transport operator course at the U.S. Army Training Center, Fort Leonard Wood, MO.

Sgt. **Travis J. Eschette**, son of **Judith A. Eschette** of Fontana, has graduated from the U.S. Air Force special vehicle mechanic course at Chanute Air Force Base, Ill.

Marine Pfc. **Timotei Baleanu**, son of **Ion** and **Eva Baleanu** of Fontana, has been promoted to his present rank while serving with 1st Marine Division, Camp Pendleton.

Army Pvt. 1st Class **Joseph S. Sowers**, son of **Joseph A. Sowers** of Kingman, Ariz., and **Sally L. Sowers** of Fontana, has arrived for duty with the 8th Infantry Division, West Germany.

Newly promoted Air Force Airman 1st Class **Richard D. Gonzalez**, son of **Narciso Gonzalez Jr.** of Fontana, and **L.M. Gonzalez** of West Covina, has arrived for duty with the 1998th Information Systems Group, McGuire Air Force Base, N.J.

Army National Guard Pvt. 1st Class **Anthony D. Barnes**, son of **Rick Barnes** of Fontana, has completed the manual dial central office repair course at the U.S. Army Signal School, Fort Gordon, Ga.

Airman **James K. Little**, son of **Karen E.** and **Tim M. Wagner** of Fontana, has graduated from the U.S. Air Force security police specialist course at Lackland Air Force Base, Texas.

He is a 1986 graduate of Fontana High School.

Marine Pvt. **Steve J. Butterfield**, son of **Norman K. Butterfield** of Fontana, has completed recruit training at Marine Corps Recruit Depot, San Diego.

Jerry T. Medeiros, son of **Jerry T.** and **Rickie J. Medeiros** of Fontana, has been promoted in the U.S. Army to the rank of specialist four.

He is a 1984 graduate of Fontana High School.

Army Pvt. **Colin R. Corder**, son of **Nancy** and **Raymond E. Corder** of Fontana, has completed basic training at Fort Jackson, S.C.

He is a 1986 graduate of Fontana High School.

Air Force Reserve Airman

Charles M. Wideen, son of **Charles M.** and **Fairel L. Wideen** of Fontana, graduated from the U.S. Air Force security police specialist course at Lackland Air Force Base, Texas.

He is a 1986 graduate of Fontana High School.

Pvt. **Phillip J. Van Engen**, son of **Larry E. Van Engen** of Fontana and **Rene Nigg** of Homeland, has

completed basic training at Fort McClellan, Ala.

His wife, **Melissa**, is the daughter of **Richard N. Andrews** of Fontana.

He is a 1984 graduate of Fontana High School.

Pvt. 1st Class **Lorne E. Archambeau**, son of **Lawrence C. Archambeau** of Albuquerque, N.M., and **Patsy L. Tarantino** of

Fontana, has completed basic training at Fort Jackson, S.C.

He is a 1977 graduate of Fontana High School.

Navy Seaman Recruit **James J. Finnigan**, son of **Maria E. Finnigan** of Fontana, has completed recruit training at Recruit Training Command, San Diego.

See SERVICE/Page 13

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from Page 12

Marine Pvt. **Clar M. Fedor**, son of **Michael E. and Nora E. Fedor** of Fontana, has completed recruit training at Marine Corps Recruit Depot, San Diego.

Marine Pvt. **Orlando Vigil**, son of **Ernie and Lucy Vigil** of Fontana, has completed recruit training at Marine Corps Recruit Depot, San Diego.

Marine Lance Cpl. **Francisco Guzman**, son of **Sally F. Guzman** of Fontana, recently was awarded the U.S. Marine Corps Good Conduct Medal.

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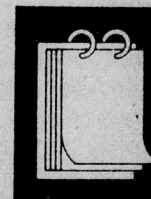
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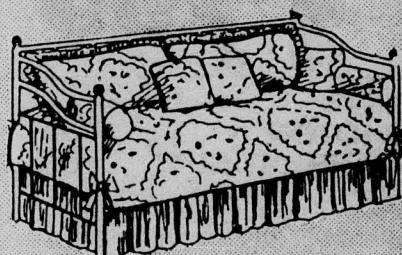
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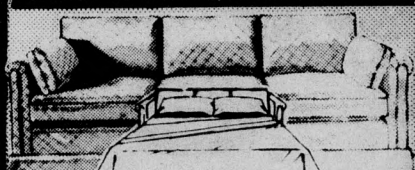


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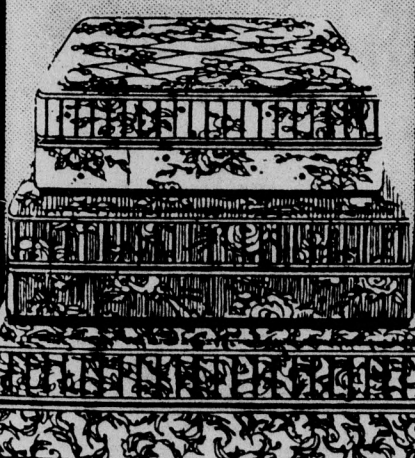
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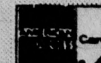
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Abscesses in cats may be serious

By R.G. Elmore
Copley News Service

Q: It seems that we are constantly having our male cat, which generally stays outside, treated for abscesses.

How can we prevent our cat from getting abscesses?

A: Abscesses in cats can be very serious. An abscess is simply a localized collection of pus in a pocket under the skin. It is caused by the death and destruction of body tissues. Bite and claw wounds resulting from fighting are the most common causes of cat abscesses.

Male cats that have not been castrated have more abscesses than other cats. Abscesses are frequently found on the head near the cheeks and ears, on the legs and feet and near the base of the tail.

Mouth abscesses, especially in older cats, may be due to poor dental care. Abscesses usually cause swelling and pain under the skin at the site of the wound. However, many abscesses will not be noticed until they begin to drain sticky, white, yellow to yellow-green or blood-tinged pus. This pus may have a very foul odor. If severe enough, the cat may have fever and refuse to eat.

Untreated abscesses may extend into the deeper tissues and even establish a bacterial blood poisoning. Bite or claw wounds on the tail or limbs may precipitate bone infections necessitating amputation. Bone infections are extremely difficult to treat.

Abscesses in the ear may spread to the brain causing convulsions and a slow, painful death.

Many cat abscesses will flare up after appearing to be healing well. This is due to the cat's skin healing more rapidly than the deeper tissues it covers. The infection, therefore, is sealed into the deep tissues.

The treatment of abscesses varies with the site of the swelling, the duration of the wound and with the veterinarian. Most veterinarians treat abscesses by opening them surgically under anesthesia and by removing all the visible dead and infected tissue.

Antiseptic and antibiotic solutions are used to flush the cavity of the abscess after it is opened. Depending upon the particular situation, the veterinarian may or may not suture the abscess closed following flushing. Several days of treatment are usually required to get satisfactory healing.

Because of the serious side effects of the abscesses, they should be treated by a veterinarian.

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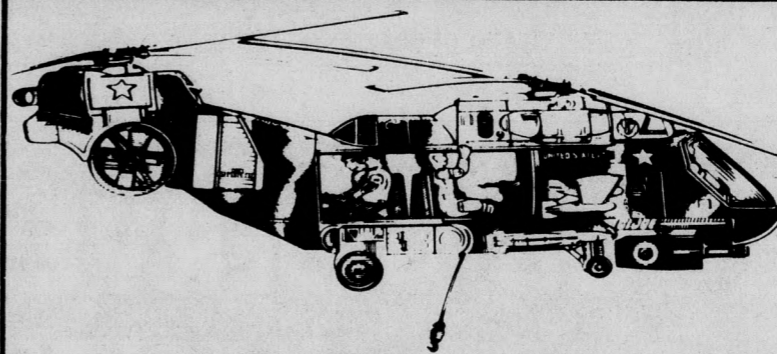
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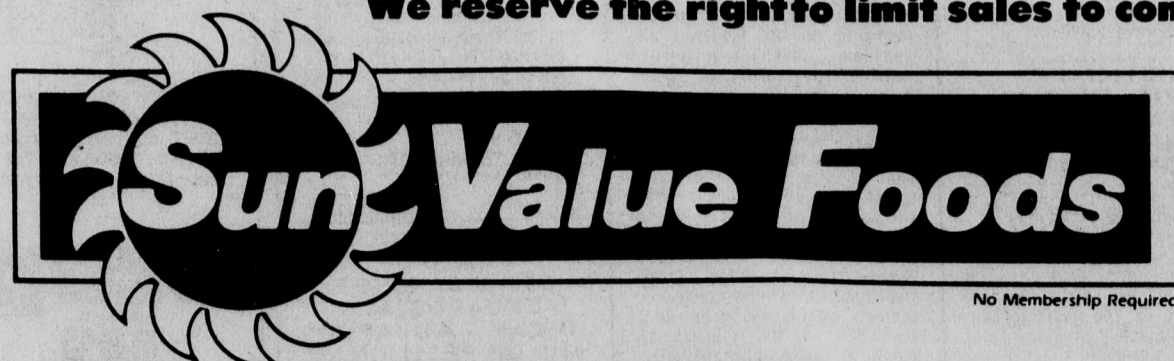


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